

Claims

What is claimed is:

- Sub A5 1. A batting swing trainer comprising:
- 5 a shaft having a substantially uniform circumference and first and second ends;
- a handle attached to the first end;
- the second end having an area of increased circumference relative to the remainder of the shaft;
- 10 a slide mounted on the shaft and movable between the first and second shaft ends;
- means positioned on the shaft adjacent to the handle for stopping movement of the slide in the direction of the handle.
- Sub B1 2. The article of claim 1 wherein the handle and slide are each provided with a
- 15 foam grip.
3. The article of claim 1 wherein the handle and the slide are wrapped with a leather grip.
- 20 4. The article of claim 1, wherein the shaft is hollow and includes weighted members adapted to be inserted and secured into the shaft.

5. The article of claim 1 wherein the handle is removable and interchangeable with handles of differing sizes and weights.

6. The article of claim 1 wherein a person may place one hand on the handle and the other hand on the slide to simulate a batting stance; and the person may simulate batting by swinging the trainer while simultaneously moving the slide along the shaft from a first position adjacent the head to a second position adjacent the handle.

7. The article of claim 1 wherein the stopping means comprises first and second portions adapted to fit together to form a ring around the shaft, such first and second portions being secured to each other with fasteners.

8. The article of claim 7 wherein the fasteners contain cooperating threaded members.

9. The article of claim 1 wherein the stopping means comprises a ring secured to the shaft.

10. The article of claim 9 wherein the stopping means is constructed of plastic.

11. The article of claim 9 wherein the stopping means is secured to the shaft by a pin.

12. The article of claim 9 wherein the stopping means is secured to the shaft by an epoxy glue.

13. The article of claim 1 wherein the area of increased circumference on the second
5 end of the shaft is a head permanently affixed to the shaft.

14. The article of claim 13 wherein the head is adapted to have varying weights.

15. The article of claim 13 wherein the head is adapted to receive interchangeable
10 weighted members selected from the group consisting of 12, 16, 20, 26 and 32 ounces.

16. The article of claim 13 wherein the head is removably attached to the shaft and
can be interchanged with heads of differing weights.

17. The article of claim 13 wherein the head is secured to the shaft by a pin.

18. The article of claim 13, wherein the head is secured to the shaft by an epoxy
glue.

19. The article of claim 1, wherein the slide has means on one end for contacting
the stopping means and protecting the user's hands from being pinched.



20. The article of claim 19, wherein the slide has means on the other end for contacting the head and protecting the user's hands from being pinched.

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21. The article of claim 20, wherein the contacting and protecting means are rings
5 affixed to the distal ends of the slide.

22. The article of claim 1, wherein the handle and slide have substantially the same diameter.

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10 23. The article of claim 1, wherein the handle and the slide have substantially the same external covering.

24. The article of claim 1, wherein the shaft and handle are constructed substantially of aluminum.

15 25. The article of claim 1, wherein the shaft and handle are constructed substantially of a metal alloy.

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26. A process for teaching a person the proper technique for swinging a bat using a batting swing trainer including a shaft having first and second ends, the first end
20 containing a handle, the second end containing an area of increased circumference, a stop positioned on the shaft adjacent to the handle, and a slide movable between the first and second positions, the process comprising:
gripping the handle with one hand and gripping the slide with the other hand;

and swinging the trainer while simultaneously moving the slide from the first position where it is adjacent to the second end to the second position where the slide is adjacent the stop)

5 27. The process of claim 26, wherein the person grips the handle adjacent to the stop.

28. The process of claim 26, wherein the person swings the bat head outwardly and away from the person's body.

10 29. The process of claim 26, wherein the hand gripping the handle is adjacent to the stop.

15 30. The process of claim 26, wherein the person repeats the steps of swinging the trainer at least twice and then performs the further steps of placing the slide adjacent the stop, gripping the handle with both hands similar to holding a conventional baseball bat, and swinging the bat in the same manner as a conventional bat, causing the slide to move along the shaft until it strikes the area of increased circumference of the second end of the shaft and emits an audible sound, whereby the person can determine the
20 force of the swing.

31. The process of claim 30, wherein the person initially grips the handle adjacent to the stop.

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32. The process of claim 30, wherein the person initially swings the bat head outwardly and away from the person's body.

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